

experience and instinctive taste. Proteins not acquired through meat are supplied by vegetable products, such as bean curd. Fats are obtained in the form of vegetable oils. Roughage and some of the needed salts and vitamins come through vegetables, a large proportion of them served green and not cooked long enough to destroy their beneficial elements. A laborer with his bowl of rice, his greens, and his bean curd, and perhaps with some tidbit cooked in oil, is not far from a well balanced ration. The brewing of his tea necessitates boiling the water, and since a large proportion of his liquid is taken in this manner he has a partial safeguard against the infections which lurk in most of the streams and wells.

Defects this diet doubtless has. To obtain the requisite amount of protein the Chinese must often eat a large quantity of grain. The practice of polishing the rice and the semi-white condition of much of the wheat flour deprive him of some of the salts and the vitamins in the outer covering of the grain. Often the food has too little variety. The insistence on rice as the only grain eaten in wide regions means semi-starvation for some who could procure wheat or sweet potatoes at a lower cost per unit of food value. Much land better suited to other crops is devoted to rice culture. In the North too few vegetables are grown. It seems probable that the average diet suffers from a calcium content too low for maximum growth. For these reasons and because of the narrow margin by which even in normal times a large proportion of the population is removed from the starvation level, the bulk of the Chinese appear to be dangerously underfed. The diet permits of no emergency reserve. It is significant that when students overwork the collapse tends to take the form of tuberculosis

rather than nervous
exhaustion. This is due in part to several other
factors than
diet, but a deficiency in food is probably in a
measure responsible
for it.

Not only does the Chinese farmer raise a wide
variety of plants
and economize on flesh, but he is noted for the
pains with which
he seeks to keep up the productivity of the land.
No natural fer-
tility, even as great as that of some of China's
alluvial plains,
could have yielded, unassisted, such continuous
returns over so
long a period as has that of China. The fact that
to-day China
maintains so large a population is due in no small
degree to the
persistence and the skill with which the farmer
has kept his fields